

Capital Square Group X Class Schedule Effective April 5, 2021

MONDAY

| Time | Studio | Class | Instructor | Length |
|---------|--------|---------------------|------------|--------|
| 8:00am | GX | Functional Phitness | Virtual | :45 |
| 11:30am | GX | PHIIT | Jenna | :45 |

TUESDAY

| Time | Studio | Class | Instructor | Length |
|--------|--------|----------|------------|--------|
| 8:00am | GX | 20.15.10 | Virtual | :45 |

WEDNESDAY

| Time | Studio | Class | Instructor | Length |
|---------|--------|-------------|------------|--------|
| 8:00am | GX | Yoga | Virtual | :60 |
| 11:30am | GX | PINNtervals | Mel | :45 |

THURSDAY

| Time | Studio | Class | Instructor | Length |
|--------|--------|-------------|------------|--------|
| 8:00am | GX | PINNtervals | Virtual | :60 |

FRIDAY

| Time | Studio | Class | Instructor | Length |
|---------|--------|-----------|------------|--------|
| 8:00am | GX | PHIIT | Virtual | :60 |
| 11:30am | GX | Yoga Flow | Deann | :45 |

GX = Group Exercise Studio

For class descriptions, visit www.phfitness.com

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SATURDAY

| Time | Studio | Class | Instructor | Length |
|--------|--------|----------|----------------|--------|
| 9:00am | GX | BodyPump | Trina / Keegan | :60 |

Class Policies & Etiquette:

- Sign up for class online using Club Systems My Mobile Member App
- Please wear a mask while inside the club and while in class
- Please arrive to class on time
- Bring a water bottle and towel to each class
- Wear comfortable workout attire including non-street fitness shoes
- Please clean your equipment after class is complete
- Bring your own yoga mat from home, clean it before and after your workout with our supplied cleaning and sanitizing agents
- Help to keep our studios clean by depositing all trash, workout towels, etc. in designated bins
- Bare-feet are not permitted in the studio unless attending mind/body class

